

| Title | Simple Allergens | Ingredients |
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| Bean and Lentil Chilli with Rice & Garlic Bread | Allergens: Milk. | Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Red Kidney Beans [Red Kidney Beans, Water, Firming Agent (Calcium Chloride).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Red Lentils , Yellow Peppers [Pepepers Yellow], Red Peppers [Peppers Red], Onions [Onions White], Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).], Oregano [Dried Oregano.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Ground Paprika.], Tomato Paste [Tomatoes], Garlic [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).] |
| Chicken and Broccoli Pasta with Garlic Bread | Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya. | Water [Water], Chicken Meat (Diced) [Chicken], Broccoli Florets [Broccoli], Fusilli Pasta Spirals [Durum Wheat Semolina (100%).], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Diced Onions (frozen) [Onions], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).] |
| Chicken and Leek Pie with Roast Potatoes | Allergens: Cereals, Gluten, Milk, Wheat. | Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Semi Skimmed Milk [Milk], Leeks [Leeks], Diced Chicken (Shaws) [100% Chicken], Puff Pastry [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).] |
| Chicken Fried Rice | Allergens: Cereals, Eggs, Gluten, Soya, Wheat. | Long Grain Rice [Parboiled Long Grain Rice (100%).], Diced Chicken (Shaws) [100% Chicken], Peas [Peas], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Free Range Eggs [Egg], Light Soy Sauce [Water, SOYBEAN , Salt, WHEAT Flour, Sugar, Colour - Plain Caramel, Acidity Regulators - Lactic Acid, Citric Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 and E627], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).] |

| Title | Simple Allergens | Ingredients |
|---|--|---|
| Chicken Korma with Rice and Chapatti | Allergens: Cereals, Gluten, Wheat. | Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.] |
| Fish, Chips and Peas | Allergens: Cereals, Fish, Gluten, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Rice Flour, Maize Flour, Maize Starch, Salt, Tapioca Starch, Raising Agents (Sodium Carbonates, Diphosphates, Ammonium Carbonates), Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Emulsifier (Sunflower Lecithins).] |
| Hot and Spicy Chicken Steak with Chips and Peas | Allergens: Gluten, Kamut (Wheat), Sulphites. May Contain: Celery, Eggs, Milk, Sulphur Dioxide. | MCCAIN CHEF'S SOLUTIONS OVEN CHIPS (47.62%) (150g) POTATOES, SUNFLOWER OIL Hot and Spicy Chicken Steak (26.98%) (85g) Chicken Breast Fillet (RTA) (55.5%), Water, Fortified WHEAT Flour, Salt, Yeast Extract (SULPHITES), Rapeseed Oil, Durum WHEAT Semolina, Potato Starch, WHEAT Gluten , Stabilisers (E451), Maize Starch, Breadcrumbs [Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt], Garlic Powder, Raising Agent: (E450, E500(II), E341), Spices (Chilli Powder, White Pepper, Cayenne Chilli), Spice Extracts (Black Pepper, Capsicum Extract, Paprika), WHEAT Flour, Onion Powder, Dextrose, Paprika Extract, Thickener (E415), White Pepper, Capsicum Extract, Garlic Extract, Vegetable Oil (Sunflower) Scottish Choice Garden Peas (Scotland Only) (25.4%) (80g) Peas |
| Katsu Chicken Curry, Rice and Chapatti | Allergens: Cereals, Gluten, Soya, Wheat. | Water [Water], Diced Chicken (Shaws) [100% Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar], Caster Sugar [Sugar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).] |
| Macaroni Cheese with Garlic Bread | Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya. | Semi Skimmed Milk [Milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.] |

| Title | Simple Allergens | Ingredients |
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| Roast Beef in Gravy, Roast Potatoes, Yorkshire Pud | Allergens: Cereals, Eggs, Gluten, Milk, Wheat. | Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Sliced Roast Beef (QMS) [Beef Silverside (80%), Water, Pea Protein, Salt, Stabilisers (E450, E451).], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Icing (20%)(Fondant[Sugar, Glucose Syrup], Water, Palm Fat, Lemon Juice, Humectant(Sorbitol Syrup)), Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Sultanas (8%), Sugar, Sugar Syrup, Glacé Cherry (2.0%)(Cherries, Glucose-Fructose Syrup, Colours(Aronia Berries, Carrot Extract), Acidity Regulator(Citric Acid)), Yeast, Lemon Filling (1.0%)(Water, Sugar, Cornflour, Lemon Concentrate, Butter (Milk) , Colour(Lutein)), Egg , Whole Milk Powder, Humectant(Glycerol), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Salt, Wheat Flour, Stabiliser(Guar Gum), Partially Inverted Refiners Syrup, Flavouring, Colours(Curcumin, Annatto Bixin), Raising Agents(Disodium Diphosphate, Sodium Carbonate), Lemon Extract, Processing Aids(Sunflower Oil, Enzymes, Citric Acid), Flour Treatment Agent(Ascorbic Acid), Acidity Regulator(Citric Acid), Vitamin A.]] |
| Spicy Bean Burger, Chips and Peas | Allergens: Cereals, Gluten, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Spicy Bean Burger [Cooked Red Kidney Beans (31%), Water, Breadcrumbs (14%) [Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)], Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetables (13%) (Onion, Green Pepper, Carrot, Potato), Sunflower Oil, Rapeseed Oil, WHEAT Semolina, Tomato Powder, Spices (Cayenne Red Chilli Pepper, Paprika Powder, Cumin, Black Pepper), Modified Maize Starch, Salt, Sugar, Onion Powder, Garlic Powder, Acid (Citric Acid), Raising Agent (Ammonium Carbonates), Paprika Extract, Oregano, Colour (Paprika Extract).], Peas [Peas [Peas]] |
| Vegetable Curry, Rice and a Chapatti | Allergens: Cereals, Gluten, Wheat. | Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions], Cauliflower Florets , Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Mushrooms [Mushrooms], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic [Garlic] |

HS Scottish Favourites Winter 2023 Week 2

Date: 22/09/2023

| Title | Simple Allergens | Ingredients | Price |
|--|--|--|-------|
| Cheese and Tomato Omelette, Chips and Peas | Allergens: Eggs, Milk. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Omelette [Egg (62%), Milk , Rapeseed Oil, Salt, Stabiliser(Xanthan Gum), White Pepper.], Peas [Peas [Peas]], Tomatoes [Tomatoes], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)] | £ |
| Chicken and Tomato Pasta with Garlic Bread | Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya. | Water [Water], Chicken Meat (Diced) [Chicken], Penne Pasta [Durum Wheat Semolina (100%).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Onions [Onions White], Carrots [Carrots], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Cornflour [Maize Starch.] | £ |
| Chicken Korma with Rice and Chapatti | Allergens: Cereals, Gluten, Wheat. | Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.] | £ |
| Chicken Tikka with Rice and Chapatti | Allergens: Cereals, Gluten, Milk, Wheat. | Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt (Milk) (5%), Single Cream (Milk) (4%), Modified Maize Starch, Sugar, Lemon Juice from Concentrate, Rapeseed Oil, Dried Onion, Ground Cumin, Coriander Leaf, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Ground Turmeric, Ground Cardamom, Chilli Powder, Dried Fenugreek, Paprika, Ground Cassia, Ground Fenugreek.], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Spinach [Spinach], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).] | £ |

| Title | Simple Allergens | Ingredients | Price |
|---|--|---|-------|
| Fish, Chips and Peas | Allergens: Cereals, Fish, Gluten, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Rice Flour, Maize Flour, Maize Starch, Salt, Tapioca Starch, Raising Agents (Sodium Carbonates, Diphosphates, Ammonium Carbonates), Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Emulsifier (Sunflower Lecithins).] | £ |
| Grilled Salmon with Savoury Rice | Allergens: Fish. | Savoury Rice [Water [Water], Long Grain Rice [Parboiled Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Spinach [Spinach], Peas [Peas], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic Powder [Garlic powder.]], Salmon (skin off) [100% Salmon (Fish)] | £ |
| Hot and Spicy Chicken Steak with Chips and Peas | Allergens: Gluten, Kamut (Wheat), Sulphites. May Contain: Celery, Eggs, Milk, Sulphur Dioxide. | MCCAIN CHEF'S SOLUTIONS OVEN CHIPS (47.62%) (150g) POTATOES , SUNFLOWER OIL Hot and Spicy Chicken Steak (26.98%) (85g) Chicken Breast Fillet (RTA) (55.5%), Water, Fortified WHEAT Flour, Salt, Yeast Extract (SULPHITES), Rapeseed Oil, Durum WHEAT Semolina, Potato Starch, WHEAT Gluten , Stabilisers (E451), Maize Starch, Breadcrumb [Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt], Garlic Powder, Raising Agent: (E450, E500(II), E341), Spices (Chilli Powder, White Pepper, Cayenne Chilli), Spice Extracts (Black Pepper, Capsicum Extract, Paprika), WHEAT Flour, Onion Powder, Dextrose, Paprika Extract, Thickener (E415), White Pepper, Capsicum Extract, Garlic Extract, Vegetable Oil (Sunflower) Scottish Choice Garden Peas (Scotland Only) (25.4%) (80g) Peas | |
| Macaroni Cheese with Garlic Bread | Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya. | Semi Skimmed Milk [Milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.] | £ |
| Spaghetti Bolognese with Garlic Bread | Allergens: Celery, Cereals, Gluten, Milk, Wheat. May Contain: Soya. | Spaghetti Pasta [Water [Water], Spaghetti Pasta [Durum Wheat Semolina (100%).]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Celery [Celery], Sliced Mushrooms [Mushroom.], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Garlic [Garlic], Black Pepper [Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Cornflour [Maize Starch.] | £ |

| Title | Simple Allergens | Ingredients | Price |
|---|--|---|-------|
| Steak Pie with Chips and Peas | Allergens: Cereals, Gluten, Milk, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Water [Water], Peas [Peas [Peas]], Diced Steak (Shaws) [100% Beef], Puff Pastry [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], Onions [Onions White], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Semi Skimmed Milk [Milk] | £ |
| Sweet Potato and Coconut Curry, Rice and Chapatti | Allergens: Cereals, Gluten, Wheat. | Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Sweet Potatoes [Sweet Potatoes cooked], Water [Water], Chick Peas [Chickpeas, Water, Antioxidant(Ascorbic Acid).], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Onions [Onions White], Sliced Green Beans [Green Beans], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Ginger [Ginger], Salt [Salt, Anti-caking Agent E535.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Ground Cinnamon [Ground Cinnamon (Cassia)] | £ |
| Vegan Sausages with Mashed Potato | Allergens: Milk, Soya. | Mashed Potato [McCains Simply Mash [Potatoes], Semi Skimmed Milk [Milk], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Katerveg Vegan Sausages [Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).] | £ |

| Title | Simple Allergens | Ingredients |
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| Beef Taco's | Allergens: Milk. May Contain: Cereals, Gluten, Wheat. | Minced Beef (Shaws) [100% Beef], Water [Water], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Onions [Onions White], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Mature White Cheddar Cheese [Cheddar Cheese (Milk) .], Tomato Paste [Tomatoes], Knorr Beef Bouillon Powder [Maltodextrin, salt, flavourings, yeast extract, beef broth (2,3%), beef fat (1,9%) [beef fat, antioxidant (extracts of rosemary)], sugar, toasted onion*, lovage roots*. *made from sustainably grown ingredients], Garlic Powder [Garlic powder.], Olive Oil [extra Virgin olive oil], Cumin [Ground Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Ground Paprika.], Ground Black Pepper [Ground Black Pepper.] |
| Chicken and Broccoli Pasta with Garlic Bread | Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya. | Water [Water], Chicken Meat (Diced) [Chicken], Broccoli Florets [Broccoli], Fusilli Pasta Spirals [Durum Wheat Semolina (100%).], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Diced Onions (frozen) [Onions], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamins (A and D).], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).] |
| Chicken Goujons, Chips and Peas | Allergens: Cereals, Gluten, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Goujons [Chicken Goujons [Chicken Breast (58%), WHEAT flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb (WHEAT flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, WHEAT Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten (WHEAT) , Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]], Peas [Peas]] |
| Chicken Korma with Rice and Chapatti | Allergens: Cereals, Gluten, Wheat. | Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.] |

| Title | Simple Allergens | Ingredients |
|--|---|---|
| Fish, Chips and Peas | Allergens: Cereals, Fish, Gluten, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Rice Flour, Maize Flour, Maize Starch, Salt, Tapioca Starch, Raising Agents (Sodium Carbonates, Diphosphates, Ammonium Carbonates), Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Emulsifier (Sunflower Lecithins).] |
| Homemade Coleslaw | Allergens: Eggs, Milk, Mustard. | Shredded Savoy Cabbage [Savoy Cabbage], Diced Carrots [carrots], Granny Smith Apples [Apples green], Diced Onions (frozen) [Onions], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.], Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).] |
| Katsu Chicken Curry, Rice and Chapatti | Allergens: Cereals, Gluten, Soya, Wheat. | Water [Water], Diced Chicken (Shaws) [100% Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar], Caster Sugar [Sugar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).] |
| Macaroni Cheese with Garlic Bread | Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya. | Semi Skimmed Milk [Milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.] |
| Meat Free Tacos | Allergens: Milk, Soya. May Contain: Cereals, Gluten, Wheat. | Katerveg Meat Free Mince [Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper.], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Onions [Onions White], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Mature White Cheddar Cheese [Cheddar Cheese (Milk) .], Tomato Paste [Tomatoes], Garlic Powder [Garlic powder.], Olive Oil [extra Virgin olive oil], Cumin [Ground Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Ground Paprika.], Ground Black Pepper [Ground Black Pepper.] |

| Title | Simple Allergens | Ingredients |
|---|--|---|
| Roast Chicken in Gravy, Roast Pots, Yorkshire Pud | Allergens: Cereals, Eggs, Gluten, Milk, Wheat. | Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Chicken Breast Fillet [Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates)], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Icing (20%)(Fondant[Sugar, Glucose Syrup], Water, Palm Fat, Lemon Juice, Humectant(Sorbitol Syrup)), Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Sultanas (8%), Sugar, Sugar Syrup, Glacé Cherry (2.0%)(Cherries, Glucose-Fructose Syrup, Colours(Aronia Berries, Carrot Extract), Acidity Regulator(Citric Acid)), Yeast, Lemon Filling (1.0%)(Water, Sugar, Cornflour, Lemon Concentrate, Butter (Milk) , Colour(Lutein)), Egg , Whole Milk Powder, Humectant(Glycerol), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Salt, Wheat Flour, Stabiliser(Guar Gum), Partially Inverted Refiners Syrup, Flavouring, Colours(Curcumin, Annatto Bixin), Raising Agents(Disodium Diphosphate, Sodium Carbonate), Lemon Extract, Processing Aids(Sunflower Oil, Enzymes, Citric Acid), Flour Treatment Agent(Ascorbic Acid), Acidity Regulator(Citric Acid), Vitamin A.]] |
| Vegan Sausages in Gravy, Potatoes, Yorkshire Pud | Allergens: Cereals, Eggs, Gluten, Milk, Soya, Wheat. | Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Katerveg Vegan Sausages [Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Icing (20%)(Fondant[Sugar, Glucose Syrup], Water, Palm Fat, Lemon Juice, Humectant(Sorbitol Syrup)), Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Sultanas (8%), Sugar, Sugar Syrup, Glacé Cherry (2.0%)(Cherries, Glucose-Fructose Syrup, Colours(Aronia Berries, Carrot Extract), Acidity Regulator(Citric Acid)), Yeast, Lemon Filling (1.0%)(Water, Sugar, Cornflour, Lemon Concentrate, Butter (Milk) , Colour(Lutein)), Egg , Whole Milk Powder, Humectant(Glycerol), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Salt, Wheat Flour, Stabiliser(Guar Gum), Partially Inverted Refiners Syrup, Flavouring, Colours(Curcumin, Annatto Bixin), Raising Agents(Disodium Diphosphate, Sodium Carbonate), Lemon Extract, Processing Aids(Sunflower Oil, Enzymes, Citric Acid), Flour Treatment Agent(Ascorbic Acid), Acidity Regulator(Citric Acid), Vitamin A.]] |
| Vegetable Curry, Rice and a Chapatti | Allergens: Cereals, Gluten, Wheat. | Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions], Cauliflower Florets , Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Mushrooms [Mushrooms], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic [Garlic] |
| Vegetable Lasagne, Chips and Peas | Allergens: Cereals, Gluten, Milk, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas [Peas]], Semi Skimmed Milk [Milk], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Lasagne Sheets [Durum Wheat Semolina (100%).], Diced Onions (frozen) [Onions], Sweetcorn [sweetcorn], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Courgettes, Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cornflour [Maize Starch.], Garlic [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Tomato Paste [Tomatoes] |

| Title | Simple Allergens | Ingredients |
|--|---|---|
| BBQ Pulled Pork, Chips and Peas | Allergens: Barley, Celery, Cereals, Fish, Gluten, Soya, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Pork Leg [Pork], Peas [Peas [Peas]], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, Soya Sauce [Water, Soya Extract (Water, Soya Bean, Salt, Wheat Flour)], Salt, Glucose, Spirit Vinegar, Barley Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain Wheat, Celery), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Light Brown Sugar [Cane sugar], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Distilled Malt Vinegar [Distilled Malt Vinegar (from Barley)(Acidity 5%).], Worcester Sauce [Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (FISH) Tamarind Extract, Onions, Garlic, Spices, Flavourings] |
| Cheese and Tomato Omelette, Chips and Peas | Allergens: Eggs, Milk. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Omelette [Egg (62%), Milk , Rapeseed Oil, Salt, Stabiliser(Xanthan Gum), White Pepper.], Peas [Peas [Peas]], Tomatoes [Tomatoes], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)] |
| Chicken Korma with Rice and Chapatti | Allergens: Cereals, Gluten, Wheat. | Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.] |
| Chicken Meatballs in a Tomato Sauce with Pasta | Allergens: Cereals, Gluten, Wheat. | Water [Water], Chicken Meatballs [Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts)], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Pasta Spirals [Fusilli Pasta Spirals [Durum Wheat Semolina (100%).]], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks [Leeks], Diced Swede [Swede], Garlic [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Olive Oil [extra Virgin olive oil] |
| Crispy Topped Vegetable Pie | Allergens: Milk. | Potatoes [Washed & peeled potatoes], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Broccoli [Broccoli], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Diced Carrots [carrots], Cauliflower Florets , Onions [Onions White], Tomato Paste [Tomatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic [Garlic] |

| Title | Simple Allergens | Ingredients |
|---|---|---|
| Fish, Chips and Peas | Allergens: Cereals, Fish, Gluten, Wheat. | Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Rice Flour, Maize Flour, Maize Starch, Salt, Tapioca Starch, Raising Agents (Sodium Carbonates, Diphosphates, Ammonium Carbonates), Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Emulsifier (Sunflower Lecithins).] |
| Fruity Chicken Curry with Rice and a Chapatti | Allergens: Cereals, Gluten, Wheat. | Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Onions [Onions White], Carrots [Carrots], Cauliflower Florets , Tomato Paste [Tomatoes], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Olive Oil [extra Virgin olive oil] |
| Grilled Salmon with Savoury Rice | Allergens: Fish. | Savoury Rice [Water [Water], Long Grain Rice [Parboiled Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Spinach [Spinach], Peas [Peas], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic Powder [Garlic powder.]], Salmon (skin off) [100% Salmon (Fish)] |
| Macaroni Cheese with Garlic Bread | Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya. | Semi Skimmed Milk [Milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.] |
| Steak Pie with Mashed Potato | Allergens: Cereals, Gluten, Milk, Wheat. | Mashed Potato [McCains Simply Mash [Potatoes], Semi Skimmed Milk [Milk], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], Onions [Onions White], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Semi Skimmed Milk [Milk] |
| Sweet and Sour Chicken with Rice | Allergens: Celery, Sulphites, Sulphur Dioxide. | Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Pineapple Slices [Pineapple, Pineapple Juice.], Carrots [Carrots], Onions [Onions White], White Wine Vinegar [White Wine Vinegar, Preservative(Potassium Metabisulphite).(Acidity 6%).], Green Peppers [Peppers Green], Mushrooms [Mushrooms], Caster Sugar [Sugar], Light Brown Sugar [Cane sugar], Cornflour [Maize Starch.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.] |

| Title | Simple Allergens | Ingredients |
|---|--|---|
| Sweet Potato and Coconut Curry, Rice and Chapatti | Allergens: Cereals, Gluten, Wheat. | Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Sweet Potatoes [Sweet Potatoes cooked], Water [Water], Chick Peas [Chickpeas, Water, Antioxidant(Ascorbic Acid).], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Onions [Onions White], Sliced Green Beans [Green Beans], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Ginger [Ginger], Salt [Salt, Anti-caking Agent E535.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Ground Cinnamon [Ground Cinnamon (Cassia)] |

High School Winter 2023 Soup

Date: 22/09/2023

| Title | Simple Allergens | Ingredients |
|------------------------------------|--------------------------------------|--|
| Carrot and Coriander Soup | May Contain: Cereals, Gluten, Wheat. | Water [Water], Diced Carrots [carrots], Onions [Onions White], Potatoes [Washed & peeled potatoes], Ground Coriander [Ground Coriander.], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Coriander [Ground Coriander.], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).] |
| Leek and Potato Soup | | Water [Water], Leeks [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], 60 Size Baking Potatoes [Baking potatoes], Diced Onions (frozen) [Onions] |
| Lentil Soup | | Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.] |
| Roasted Red Pepper and Tomato Soup | | Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Diced Carrots [carrots], Onions [Onions White], Garlic [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.] |
| Vegetable Soup | | Water [Water], Turnip [Turnip], Cabbage [Cabbage], Leeks [Leeks], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.] |

High School Hot Roll Fillings

Date: 22/09/2023

| Title | Simple Allergens | Ingredients |
|-------------------------------------|--|---|
| Bacon | | Unsmoked Bacon |
| BBQ Chicken | Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat. | RT Chicken Strips [Chicken Breast (92%), Water, Salt, Potato Starch, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Olive Oil [extra Virgin olive oil], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, Soya Sauce [Water, Soya Extract (Water, Soya Bean, Salt, Wheat Flour)], Salt, Glucose, Spirit Vinegar, Barley Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain Wheat, Celery), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.] |
| BBQ Pulled Pork | Allergens: Barley, Celery, Cereals, Fish, Gluten, Soya, Wheat. | Pork Leg [Pork], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, Soya Sauce [Water, Soya Extract (Water, Soya Bean, Salt, Wheat Flour)], Salt, Glucose, Spirit Vinegar, Barley Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain Wheat, Celery), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder., Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Light Brown Sugar [Cane sugar], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Distilled Malt Vinegar [Distilled Malt Vinegar (from Barley)(Acidity 5%).], Worcester Sauce [Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (FISH) Tamarind Extract, Onions, Garlic, Spices, Flavourings] |
| BBQ Sauce | Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat. | Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, Barley Malt Vinegar, Soya Sauce [Water, Soya Extract (Water, Soya Bean, Salt, Wheat Flour)], Salt, Glucose, Spirit Vinegar, Barley Malt Extract], Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (contain Wheat, Celery), Smoke Flavouring, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder., Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Distilled Malt Vinegar [Distilled Malt Vinegar (from Barley)(Acidity 5%).], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Light Brown Sugar [Cane sugar], Paprika [Ground Paprika.], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.] |
| Beef Meatballs in Tomato Sauce | Allergens: Cereals, Gluten, Wheat. | Beef Meatballs [Beef (70%), Water, WHEAT flour (with calcium carbonate, iron, niacin and thiamin), Potato Starch, Onion Powder, Salt, Stabilisers: diphosphate, triphosphate; Yeast Extract, Ground Spices, Spice Extract.], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.] |
| Brown Cheese & Tomato Pizzini Pizza | Allergens: Gluten, Milk, Wheat. | Brown Cheese and Tomato Pizzini Pizza (100%) (135g) WHEAT Flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamine, Water, Wholemeal (Wheat) (WHEAT) Flour, Yeast, Salt, Rapeseed Oil, Maize Flour. Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additives: Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic], Mozzarella (Milk) Cheese (MILK) (17%) |

| Title | Simple Allergens | Ingredients |
|-------------------------------------|---------------------------------------|--|
| Brown Spicy Chicken Pizzini Pizza | Allergens: Gluten, Milk, Wheat. | Brown Spicy Chicken Pizzini Pizza (100%) (135g) Pizzini Shell: Wheat Flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamin, Water, Wholemeal (Wheat) Flour, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizzini Filling: Tomato Sauce (27%) [Concentrated Crushed Tomatoes, Additive: Citric Acid, Water, Rapeseed Oil, Salt, Onion Powder, Coriander, Chilli, Oregano, Cumin], Chicken (11%) [Chicken (98%), Water, Salt], Mozzarella (Milk) Cheese (milk) (9%) |
| Buttermilk Chicken | Allergens: Gluten, Milk, Wheat. | Green Gourmet Red Tractor Raw Buttermilk Southern Style Chicken Breast Fillet Portion 60g (100%) (60g) Chicken (84%) (Chicken, Water, Salt, Potato Starch, Stabiliser (Triphosphates)), Buttermilk Southern Style Dusting (6%) (Dextrose, Sugar, Wheat Flour (WHEAT)(contains Calcium Carbonate, Iron, Niacin, Thiamine), Maize Flour, Corn Flours, Salt, Garlic Powder, Spices (Black Pepper, Fennel, White Pepper, Turmeric), Yeast Extract (contains Salt), Yoghurt Powder (MILK), Buttermilk Powder (MILK) Colour (Caramel Colour), Acidity Regulator (Citric Acid), Paprika Extract). |
| Cheese | Allergens: Milk. | Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)] |
| Cheese and Ham | Allergens: Milk. | British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)] |
| Cheese and Tomato Pizzini | Allergens: Gluten, Milk, Wheat. | Cosmo Brown Cheese & Tomato Pizzini 135g (100%) (135g) Pizzini Shell: (60%), WHEAT Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Wholemeal (WHEAT) Flour, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizzini Filling: (40%), Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive: Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic], Mozzarella Cheese (MILK) (16%). SOURCE OF FIBRE. |
| Cheese and Tuna | Allergens: Eggs, Fish, Milk, Mustard. | Tuna (In Brine) [Tuna (Fish), Water, Salt.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.] |
| Chicken | | RT Chicken Strips [Chicken Breast (92%), Water, Salt, Potato Starch, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate).], Olive Oil [extra Virgin olive oil] |
| Chicken Goujons | Allergens: Cereals, Gluten, Wheat. | Chicken Goujons [Chicken Breast (58%), WHEAT flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumbs (WHEAT flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, WHEAT Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten (WHEAT), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).] |
| Chicken Meatballs in a Tomato Sauce | | Water [Water], Chicken Meatballs [Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts)], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks [Leeks], Diced Swede [Swede], Garlic [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Olive Oil [extra Virgin olive oil] |

| Title | Simple Allergens | Ingredients |
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| Chicken Meatballs in a Tomato Sauce (sandwich) | | Chicken Meatballs [Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts)], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.] |
| Chicken Rollover Hot Dog | Allergens: Cereals, Wheat. May Contain: Milk, Sesame Seeds. | Chicken Hotdog (51.43%) (90g) Chicken Meat (87%), water, salt, dextrose, thickener: E407, stabiliser: E450, spices, spice extracts, antioxidant: E300, E301, spice, yeast extract, glucose syrup, preservative: E250, beechwood smoke Rollover Baguette Pre Sliced (48.57%) (85g) WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Dextrose, Flour Treatment Agent (E300) |
| Chicken Sausages | | Chicken Sausage [Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled in to a Beef Collagen Casing] |
| Chicken Slice Sausage | Allergens: Gluten, Wheat. | Sliced Chicken Sausage (100%) (85g) Chicken (45%); Water; Rusk [WHEAT Flour (with Calcium Carbonate, Iron, Niacin and Thiamin), Salt]; ChickenFat, Chicken Skin, Dextrose, Potato Starch, WHEAT Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts. |
| Falafel | | Falafel [Rehydrated Chickpeas (66%)(Water, Chickpeas), Water, Onion (8%), Rapeseed Oil, Potato Flake(Dried Potato, Emulsifier(Mono- and Di-Glycerides of Fatty Acids)), Garlic Puree(Water, Garlic), Salt, Raising Agent(Sodium Bicarbonate), Cumin Powder, Coriander Powder, Concentrated Lemon Juice, Parsley, White Pepper.] |
| Falafel and Sweet Chilli Sauce | | Falafel [Rehydrated Chickpeas (66%)(Water, Chickpeas), Water, Onion (8%), Rapeseed Oil, Potato Flake(Dried Potato, Emulsifier(Mono- and Di-Glycerides of Fatty Acids)), Garlic Puree(Water, Garlic), Salt, Raising Agent(Sodium Bicarbonate), Cumin Powder, Coriander Powder, Concentrated Lemon Juice, Parsley, White Pepper.], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).] |
| Hot and Spicy Chicken Steak | Allergens: Gluten, Kamut (Wheat), Sulphites. May Contain: Celery, Eggs, Milk, Sulphur Dioxide. | Hot and Spicy Chicken Steak (100%) (85g) Chicken Breast Fillet (RTA) (55.5%), Water, Fortified WHEAT Flour, Salt, Yeast Extract (SULPHITES), Rapeseed Oil, Durum WHEAT Semolina, Potato Starch, WHEAT Gluten , Stabilisers (E451), Maize Starch, Breadcrumbs [Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt], Garlic Powder, Raising Agent: (E450, E500(II), E341), Spices (Chilli Powder, White Pepper, Cayenne Chilli), Spice Extracts (Black Pepper, Capsicum Extract, Paprika), WHEAT Flour, Onion Powder, Dextrose, Paprika Extract, Thickener (E415), White Pepper, Capsicum Extract, Garlic Extract, Vegetable Oil (Sunflower) |
| Katsu Curry Sauce | Allergens: Soya. | Water [Water], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar], Curry Powder [Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.], Caster Sugar [Sugar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).] |

| Title | Simple Allergens | Ingredients |
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| Meat Free Sausages | | Meat Free Sausage [Water, Pea Protein (19%), Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461), Rice Protein, Preservative (E326), Caramelised Carrot Concentrate, Salt, Potato Starch, Natural Flavouring, Yeast Extracts, Beetroot Concentrate, Vegetable Fibres (Pea, Potato), Smoked Water, Carrot Concentrate, Ground Black Pepper, Acidity Regulator (E300)] |
| Piri Piri Sauce | | Limes [Lime], Olive Oil [extra Virgin olive oil], Garlic [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Oregano [Dried Oregano.], Paprika [Ground Paprika.], Ground Black Pepper [Ground Black Pepper.], Salt [Salt, Anti-caking Agent E535.] |
| Pork Sausages | Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. | Pork Sausages 57g (Shaws) [pork(73%), rusk (WHEAT FLOUR , thiamin, iron, niacin), water, salt, spices, E221 SULPHITES] |
| Potato Scone | Allergens: Cereals, Wheat. May Contain: Almonds, Brazil Nuts, Cashew Nuts, Eggs, Hazelnuts, Macadamia or Queensland Nuts, Milk, Pecan Nuts, Pistachios, Soya, Tree Nuts, Walnuts. | Potato Scone (100%) (1g) Re Hydrated Potato Flakes (78%), WHEAT Flour (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Vegetable Oil (Rapeseed), Salt, Raising Agent (E450i and E500ii) Preservative (E202) |
| Quorn Burger | Allergens: Barley, Cereals, Eggs, Gluten, Milk, Wheat. | Quorn Burgers [Mycoprotein (44%), Rehydrated Free Range EGG White, Textured WHEAT Protein, [WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract] |
| Quorn Vegan Dippers | Allergens: Cereals, Gluten, Wheat. | Quorn Vegan Dippers [Mycoprotein (55%), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT Gluten, Maize Flour, Stabiliser: Carrageenan. WHEAT Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum WHEAT Semolina, Turmeric Extract] |
| Quorn Vegan Fillet | Allergens: Cereals, Gluten, Wheat. | Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan.] |
| Quorn Vegan Nuggets | Allergens: Cereals, Gluten, Wheat. | Quorn Vegan Nuggets [Mycoprotein (54%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine,) Vegetable Oils (Sunflower, Rapeseed). Water, WHEAT Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Pea Protein, Potato Protein, Salt, Natural Flavouring, WHEAT Gluten, Pea Fibre, WHEAT Semolina, Yeast, Stabilisers: Carrageenan, Sodium Alginate. Sage & Sage Extract, Onion Powder, Garlic Powder, White Pepper, Onion Extract, Colour: Paprika Extract. Raising Agent: Ammonium Bicarbonate.] |
| Quorn Vegan Sausages | Allergens: Cereals, Gluten, Wheat. | Quorn Vegan Sausages [Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], WHEAT Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate.] |

| Title | Simple Allergens | Ingredients |
|--|--|---|
| Roast Veg and Cream Cheese | Allergens: Milk. | Brakes Low Fat Soft Cream Cheese [Skimmed MILK , MILK Solids, Cream (MILK) , Starch, Locust Bean Gum E410, Salt E535, Potassium Sorbate, Culture.], Courgettes, Green Peppers [Peppers Green], Red Peppers [Peppers Red], Onions [Onions White], Potatoes [Washed & peeled potatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Yellow Peppers [Pepepers Yellow], Red Onions [Red Onion], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.] |
| Roasted Vegetable and Mozzarella (bespoke filling) | Allergens: Milk. | Courgettes, Shredded Mozzarella [Mozzarella Cheese (98%)(Milk)], Anti-caking Agent (Potato Starch).], Green Peppers [Peppers Green], Red Peppers [Peppers Red], Onions [Onions White], Potatoes [Washed & peeled potatoes], Red Onion [Red Onions [Red Onion]], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Yellow Peppers [Pepepers Yellow], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.] |
| Sausage Roll (Pastry, 118842) | Allergens: Gluten, Milk, Wheat. | Sausage Roll (Pastry) (100%) (120g) Pork (32%), Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Vegetable Oils and Fats [Palm], Water, Salt, Lemon Juice), Seasoning Mix (Rusk, Salt, WHEAT Starch, Dehydrated Onion, Sunflower Oil, Spice Extracts, Herbs [Sage, Parsley], Dextrose, Sugar, Yeast Extract, Antioxidant: Ascorbic Acid), White Shortening (Vegetable Oils and Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Salt, Yeast Extract (Yeast Extract, Salt), Glaze (MILK Protein, Dextrose, Vegetable Oil), Sage. |
| Sausage Roll (Pastry, 3634) | Allergens: Gluten, Sulphites, Wheat. | Sausage Roll (Pastry) (100%) (103g) PUFF PASTRY: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids). FILLING: Water, Pork (8%), Rusk [Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Raising Agent (Ammonium Hydrogen Carbonate)], Wheat Gluten , Wheat Starch, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt, Potato Starch, Pork Fat, Dextrose, Yeast Extract, Caramelised Sugar Powder, Emulsifiers (Disodium Diphosphate, Pentasodium Triphosphate), Preservative (Sodium Sulphite), Sugar, Antioxidant (Ascorbic Acid), Marjoram, Thyme, Pepper Extract, Herb Extracts (Sage Extract, Basil Extract, Marjoram Extract, Rosemary Extract, Thyme Extract). GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract). |
| Shaws - GF Lorne Sausage | Allergens: Sulphites. | Shaws - Gluten Free Lorne Sausage (100%) (1g) Beef (70%), pea flour, water, salt, spice, potato starch, rice flour, dextrose, antioxidant |
| Shaws - Lorne Sausage | Allergens: Gluten, Sulphites. | Shaws - Lorne Sausage (100%) (1g) Beef (73%), RUSK , water, FLOUR , salt, spices, flavouring, preservative E221, antioxidant, natural colour |
| Shaws - Pork Sausage | Allergens: Gluten, Soya, Sulphites. | Shaws - Pork Sausage (100%) (1g) Pork (73%), RUSK , water, salt, pepper, spices, antioxidant, preservative E221 |
| Simon Howie GF Beef Burger (85g) | Allergens: Soya, Sulphites, Sulphur Dioxide. | Simon Howie GF Burger (85g) [Beef (86%), Water, Seasoning (Potato Flakes, Potato Starch, Salt, Rice Flour, Spice (Pepper, Coriander, Nutmeg, Mixed Spice), Beef Flavour (SOYA), Sodium Metabi SULPHITES , Herbs)] |

| Title | Simple Allergens | Ingredients |
|--------------------------------|--------------------------------------|---|
| Southern Style Chicken Goujons | Allergens: Gluten, Wheat. | Green Gourmet British Red Tractor Breaded Southern Style Chicken Goujons 28g (100%) (84g) Chicken Breast (58%), WHEAT Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Breadcrumb (WHEAT Flour (with added Calcium Carbonate, iron, Niacin, Thiamin), Water, Salt, Yeast), Water, Rice Flour, Whole WHEAT breadcrumb (Whole WHEAT Flour, Water, Salt, Yeast), Vegetable Oil (Rapeseed), WHEAT Starch, Maize Starch, Spices (Pepper, Garlic, Paprika, Chilli Pepper, Cardamom, Turmeric, Nutmeg, Cayenne, Cumin, Oregano), Dextrose Monohydrate, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Potato Starch, Stabiliser (Triphosphates), Maize Flour, Raising Agent (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Dehydrated Onion, Vegetable Oil (Sunflower), Caramel Sugar, Dried Glucose, Oligofructose (from chicory), Gluten (WHEAT), Emulsifier (Polyglycerol Polyricinoleate), Spice (Paprika). |
| Spicy Bean Burger | Allergens: Cereals, Gluten, Wheat. | Spicy Bean Burger [Cooked Red Kidney Beans (31%), Water, Breadcrumbs (14%) [Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)], Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetables (13%) (Onion, Green Pepper, Carrot, Potato), Sunflower Oil, Rapeseed Oil, WHEAT Semolina, Tomato Powder, Spices (Cayenne Red Chilli Pepper, Paprika Powder, Cumin, Black Pepper), Modified Maize Starch, Salt, Sugar, Onion Powder, Garlic Powder, Acid (Citric Acid), Raising Agent (Ammonium Carbonates), Paprika Extract, Oregano, Colour (Paprika Extract).] |
| Spicy Chicken Pizzini | Allergens: Gluten, Milk, Wheat. | Cosmo Brown Spicy Chicken Pizzini 155g (100%) (155g) Pizzini Shell: WHEAT flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamin, water, wholemeal (WHEAT) flour, yeast, salt, rapeseed oil, maize flour Pizzini Filling: tomato sauce (27%) [concentrated crushed tomatoes, Additive: Citric Acid, water, rapeseed oil, salt, onion powder, coriander, chilli, cumin], chicken (11%) [chicken (98%), water, salt, mozzarella cheese (9%) [mozzarella, (MILK)] |
| Spicy Sauce | May Contain: Cereals, Gluten, Wheat. | Water [Water], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Cumin [Ground Cumin.], Paprika [Ground Paprika.] |
| Spicy Tomato Sauce | | Tomato and Basil Sauce Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.], Mild Chilli Powder [Paprika, Chilli Powder (20%).] |
| Tomato Sauce (for meatballs) | | Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks [Leeks], Diced Swede [Swede], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic [Garlic], Olive Oil [extra Virgin olive oil] |

| Title | Simple Allergens | Ingredients |
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| Turkey Meatballs in Tomato Sauce (sandwich) | | Turkey Meatballs [Turkey (74%), Water, Onion, Starch, Salt, Stabiliser (Diphosphates), Spirit Vinegar, Lemon Juice Concentrate, Black Pepper, Chilli, Natural Flavouring, Bay, Ginger, Cumin, Cayenne Pepper, Rosemary, Thyme, Garlic Powder, Oregano.], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.] |
| Vegan Lorne Sausage | Allergens: Cereals, Gluten, Soya, Sulphites, Sulphur Dioxide, Wheat. | Vegan Lorne Sausage [Water, Vegetable Protein (SOYA), Vegetable Suet (Non-Hydrogenated Palm Oil, Non-Hydrogenated Sunflower Oil, WHEAT Flour), Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Raising Agent (Ammonium Bicarbonate)), Defatted SOYA Grits, Thickener (Methyl Cellulose), Salt, Yeast Extracts, Spice (White Pepper), Colour (Beetroot), Flavourings (Nutmeg, Sage, Thyme), Seasoning: Rusk (WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine) Salt, Ammonium Bicarbonate) Salt, Dried Onion, Spice Extracts (Pepper, Ginger, Nutmeg, Coriander, Pimento, Cayenne), WHEAT Flour, Spice Mix (Rice Flour, White Pepper, Paprika), Preservative (Sodium Metabi SULPHITE), Sugar, Antioxidant Blend (Ascorbic Acid, Sodium Ascorbate, Citric Acid), Colour (Iron Oxide), Yeast Extract, Antioxidant (Nicotinamide).] |
| Vegan Meatballs in Tomato Sauce (sandwich) | Allergens: Soya. | Vegan Meatballs 14g [Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper.], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.] |
| Vegan Sausage Roll (Pastry) | Allergens: Gluten, Wheat. | Vegan Sausage Roll (Pastry) (100%) (64g) PUFF PASTRY: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).FILLING: Water, Textured Wheat Protein (4%) [Wheat Gluten], Wholewheat Rusk [Wholewheat Flour], Palm Oil, Dextrose, Stabiliser (Hydroxypropyl Methyl Cellulose), Potato Starch, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rusk [Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt], Yeast Extract, Rice Flour, Salt, Black Pepper, Colour (Beetroot Red), Spice & Herb Extracts (Pepper Extract, Nutmeg Extract, Mace Extract, Pimento Extract, Ginger Extract, Coriander Extract, Sage Extract, Capsicum Extract), Sage.GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract). |
| Vegetable Fajita (Bespoke Sandwich Filling) | Allergens: Milk. | Red Peppers [Peppers Red], Carrots [Carrots], Green Peppers [Peppers Green], Onions [Onions White], Sweetcorn [sweetcorn], Mild White Cheddar Cheese [Cheddar Cheese (Milk)], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).] |
| Veggie Nuggets | Allergens: Cereals, Gluten, Wheat. | Katerveg Vegetable Nuggets [Vegetables (47%) (In varying proportions (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato)), Breadcrumb (19%) (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyltartaric Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Enzymes), Water, Sunflower Oil, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Potato, Rapeseed Oil, Salt, Thickener (Methyl Cellulose), WHEAT Starch, Flavouring, Maltodextrin (WHEAT), White Pepper, Sugar, Yeast Extract, Onion Powder, Carrot Powder, Acid (Citric Acid), Parsley, Colour (Paprika Extract), Turmeric.] |

| Title | Simple Allergens | Ingredients |
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| White Cheese and Tomato Pizzini Pizza | Allergens: Gluten, Milk, Wheat. | White Cheese and Tomato Pizzini Pizza (100%) (135g) Pizzini Shell: WHEAT Flour, Additives: Calcium Carbonate, Iron, Niacin, Thiamine, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizzini Filling: Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additives: Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic], Mozzarella (Milk) Cheese (MILK) (17%) |